



Know Your Nutrition

Activity Book





This guide will help you learn
How to make fun and nutritious snacks

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What is Nutrition?

Nutrition is the process of providing **nourishment** to your body. It is what allows your body to **grow**, **sustain life** and **heal itself**. The foods we eat should contain substances necessary for life and growth. If you eat foods that do not provide enough nourishment, you will not have the energy to enjoy life. These foods are often called **“junk food”** and can **increase** your odds of developing preventable **diseases**.



What is “Junk Food?”

Junk food is the term used to describe food that has **little nutritional value**.

Eating a diet of junk food is similar to filling your car with some gasoline and some water or soda.



This combination would not allow it to run very well. Eventually it would destroy the engine and the car. When people do not provide their bodies with proper nutrition, they have a **greater chance of developing diseases** later in life. Junk foods can be **high in salt** (referred to as sodium), **sugar** and **saturated fats**. Too much sodium can lead to heart disease when you become an adult. Too much **sugar** and **saturated fats** lead to obesity.



Nutrition Questions:

What are some common junk foods that we eat?

What food groups do we need to eat everyday?

Food Groups

Every day we need to eat:

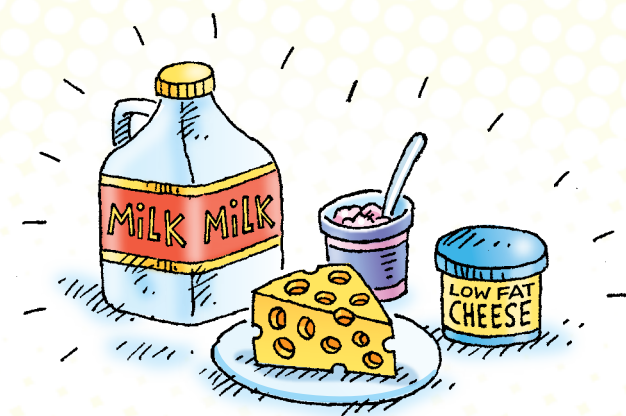
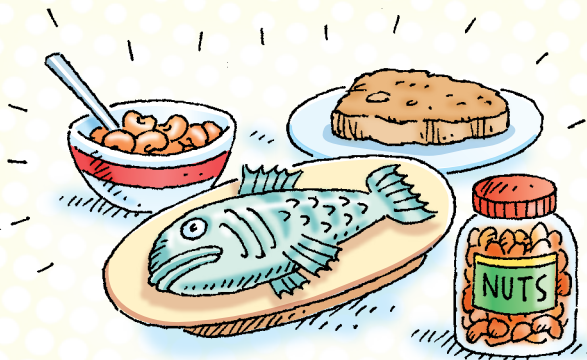


Fruits and vegetables

Eat vegetables and fruits of every color!

Lean meats and poultry

Bake it! Broil it! Grill it! Eat beans, fish and nuts, too.

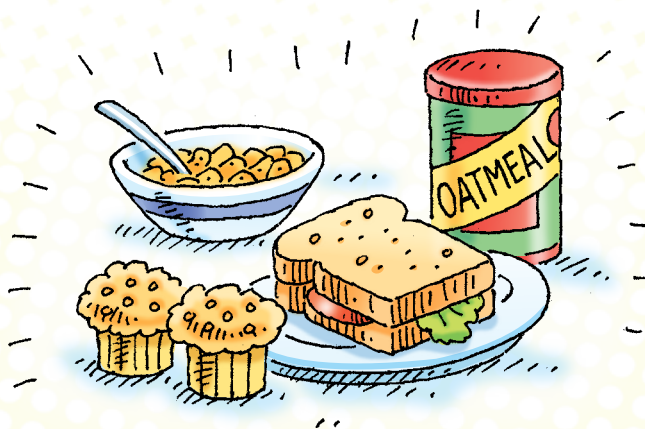


Dairy products

Make sure you get 3 cups of low-fat milk products. Just 8 ounces of milk, yogurt or 1 1/2 ounces of cheese each count as 1 cup.

Whole grains

Eat 6 ounces of grains each day. At least half (3 ounces) should be whole grain products.



Fats

Unsaturated fats come from nuts, fish and oils. Saturated fats come from animal products. Use mostly unsaturated fats. No more than 30 to 35% of your daily calories should come from fats. The calorie requirements for your age, gender and activity level can be found on page 11.

What is so good about fruits, vegetables and whole grains?

Many fruits, vegetables and whole grains are high in fiber.

Fiber fills you up with fewer calories than low-fiber foods. Fiber also helps your body stay internally clean.



They contain **antioxidants**, **vitamins** and **minerals**, which lower your chances of developing some diseases when you become an adult.

These diseases include:

- Type 2 diabetes
- Certain types of cancer
- Heart disease

What about dairy products?

Dairy products include calcium, potassium, vitamin D and other nutrients. They help lower blood pressure and keep bones strong.



Fruit Parfait Lesson

Why is a fruit parfait healthy?



- **Yogurt** is a low-fat dairy product. It has lots of **calcium**, but watch out for sugar content! It can be high in some brands. Yogurt tastes great with fresh Florida fruits and nuts.

- **Blueberries** have **antioxidants** which may prevent some types of cancer. They are good for your **eyes**, your **memory** and some **infections**.



- **Strawberries** also help fight diseases and have **vitamin C** and **fiber**.

- **Tangerines** are low-fat, sodium-free and have **potassium**. They are an excellent source of **vitamin C**.



- **Oranges** have **potassium** and **calcium**. They are an excellent source of **vitamin C**. They have antioxidants that protect cells.

Nutrition Question:

Why should we avoid excessive sugar?

What about sugar?

When we eat food with excessive sugar, we're consuming additional calories with very little nutrition.

Excessive amounts of sugar contribute to **obesity** and **tooth decay**.

Fruits are recommended sweeteners because of the vitamins, fiber and phytochemicals they contain.

It is recommended that we limit sugar intake to no more than **8 teaspoons** a day.



Sugar, if used at all, should be used to enhance the taste of nutritious foods like oatmeal and milk. Soda has no nutrients.

Names for sugar on food labels include:

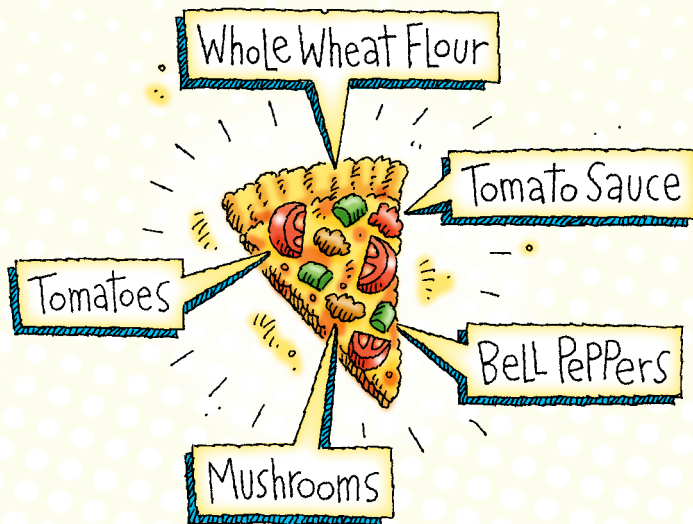
- **Sucrose**
- **Fructose**
- **Corn syrup**
- **Corn sweetener**
- **Dextrose**
- **Raw sugar**
- **Glucose**
- **Invert sugar**
- **Lactose**
- **Maltose**
- **Malt syrup**
- **Brown sugar**
- **Honey**
- **Molasses**
- **Syrup**

Nutrition Exercise:

Read the food labels on several of your favorite foods from the grocery store. How many different words for sugar do you see?



Pizza Lesson



Why are some pizzas good for us?

Pizza can be good for you if you make it with whole-wheat flour, tomatoes, and lots of vegetables. Cheese has lots of calcium but it also has fat calories; eat it in moderation. Lean hamburger meat can be a good source of protein.

- **Tomato** sauce has **potassium**, which is good for muscles and skin. Potassium can also reduce the risk of heart attacks.
- **Tomatoes** contain **vitamin A** which helps fight infection and keeps hair, bones and skin healthy.

Cooked tomatoes have a phytochemical called **lycopene** that may prevent some types of cancer.

- **Bell Peppers** have **vitamin A**, **vitamin C** and **vitamin B6** (red peppers have the most). They are good for your eyes, hair and bones, and help fight colds.
- **Mushrooms** have **niacin**, **riboflavin**, **pantothenic acid** and **phosphorus**. Mushrooms have a positive effect on your **metabolism**. They have **antibacterial** substances that aid the body.



More about Whole Grains

What are whole grain foods?

Whole grain products are made from the entire wheat grain including the **kernel**, the **bran**, the **germ** and the **endosperm**.

Enriched grains have been milled. This process removes the bran and the germ.

Whole grain products have much more **fiber** than products made from white or refined flour.

Fiber is good for **intestinal health** and lowers **cholesterol** levels. This is good for your **heart**.

Whole grain products have more **vitamins**, **minerals** and **phytochemicals** than white bread.

Some good examples are:

- **Whole-wheat bread**
- **Brown rice**
- **Whole-corn meal**
- **Oatmeal**
- **Popcorn (without butter and salt)**

What is a grain serving?

1 ounce =



1 cup of dry cereal



½ cup of cooked pasta



1 slice of bread

Nutrition Question:

How can you change your breakfast to include more whole grains?



Nutrition Quiz:

How much have you learned?

- 1 You should get _____ cups of dairy products each day.
- 2 The fruit or vegetable that is good for your memory is _____.
- 3 A fruit or vegetable that has lycopene is _____.
- 4 Lycopene may help prevent _____.
- 5 A fruit or vegetable that is good for your metabolism is _____.
- 6 Junk food is often high in _____.
- 7 No more than 30-35% of all calories should come from _____.
- 8 Whole grain products have more _____ than wheat products made from white flour.
- 9 Each day, you should eat at least _____ ounces of whole grain products.
- 10 _____ are in the same food group as lean meats and poultry.

Fruit, Vegetable & Calorie Requirements

Your daily requirements:

- Active teenage girls and older children should consume up to **2,400** calories each day.
- Active teenage boys should consume up to **3,200** calories each day.

Find your age and gender on the chart below to determine your daily fruit, vegetable and calorie requirements.

Activity Level	Age	Fruits (cups)	Veggies (cups)	Calories
GIRLS				
Less Active	4-8	1	1 ½	1,200
	9-13	1 ½	2	1,600
	14-18	1 ½	2 ½	1,800
Moderately Active	4-8	1 ½	2	1,400-1,600
	9-13	1 ½	2 ½	1,600-2,000
	14-18	2	2 ½	2,000
Active	4-8	1 ½	2 ½	1,400-1,800
	9-13	1 ½	3	1,800-2,200
	14-18	2	3	2,400
BOYS				
Less Active	4-8	1	1 ½	1,400
	9-13	1 ½	2 ½	1,800
	14-18	2	3	2,200
Moderately Active	4-8	1 ½	2	1,400-1,600
	9-13	1 ½	3	1,800-2,200
	14-18	2	3 ½	2,400-2,800
Active	4-8	1 ½	2 ½	1,600-2,000
	9-13	2	3 ½	2,000-2,600
	14-18	2 ½	4	2,800-3,200



Fruit and Vegetable Requirements

How much is a cup?

- **One** whole fruit or vegetable = 1 cup (one banana or apple, orange, ear of corn or slice of watermelon).



- A **cup** of most vegetables or fruits diced, including onions, bell peppers, blueberries and strawberries counts as 1 cup.



- **2 stalks** of celery = 1 cup.



These also count as 1 cup:

- **1 small glass** of orange juice, tomato juice or apple juice.
- **2 cups** of salad greens, lettuce or spinach.
- **1/2 cup** of dried fruit.
- **1 cup** of cooked beans or peas.
- **12** baby carrots.

Nutrition Questions:

On average, how many cups of fruit and vegetables do you eat each day?

How many cups of fruit and vegetables should you eat each day?

Nutrition Quiz:

Can you measure up?

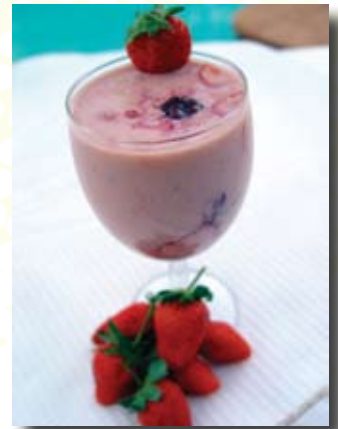
How many servings of fruits and vegetables are in the following?

1. 2 whole oranges =



2. 3 cups of salad greens =

3. Sarah made smoothies for herself and two friends. She used 2 bananas, 1 $\frac{1}{2}$ cups of strawberries, 2 cups of yogurt and 1 orange. How many servings of fruits and vegetables will each person get if they share them equally?



4. Janet ate a salad that had 1 cup of salad greens, $\frac{1}{4}$ cup of sliced cucumbers and $\frac{1}{4}$ cup of tomatoes. How many servings did Janet eat?



5. For last night's dinner, Bill ate 4 ounces of chicken, $\frac{1}{2}$ cup of green beans, a carrot salad with $\frac{1}{2}$ cup of carrots and $\frac{1}{4}$ cup of raisins, one slice of bread and a 6-ounce glass of orange juice. How many servings of fruit and vegetables did Bill get?

Food Labels

What is the purpose of a food label?

- A food label provides **nutrition information** about food products to consumers.
- This label allows consumers to know the **calories**, fat, **protein**, **sodium** and other nutrients that are in food.
- A food label provides the **ingredients** (in descending order by weight) of packaged foods made with two or more ingredients.
- Food labels provide the percentage of daily recommended amounts of each nutrient in the food product. These **recommended amounts** are based on a person who consumes **2,000 calories** per day.



Nutrition Exercise:

Name of Product _____ Manufacturer _____

Read the food label on your favorite food from the grocery store.

How many calories per serving does it contain? _____

How many fat calories does it contain? _____

Is it high in sugar? _____

How much fiber does it have? _____

1 **Start Here** →

2 **Check Calories**

3 **Limit these Nutrients**

4 **Get Enough of these Nutrients**

5 **Footnote**

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 15%

Trans Fat 3g

Cholesterol 30mg 10%

Sodium 470 mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g 15%

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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Quick Guide to % Daily Value

• 5% or less is Low

• 20% or more is High

Xtreme Cuisine Recipes

Here are some Xtremely easy and nutritious snacks you can make at home. They provide much more nutrition than junk food. But, make sure an adult is present when using ovens and knives.



Florida Fruit Parfait

- 1/2 cup vanilla non-fat yogurt
- 1/2 Florida orange, peeled and chopped
- 1/4 cup Florida blueberries
- 1 teaspoon roasted Florida pecans

Put yogurt into a shallow glass or tumbler. Add fruit and pecans on top. Freeze for 5-10 minutes and serve very cold. **Makes 1 serving**

Nutritional Value per Serving

Calories 157, Total Fat 3.7g, Total Carbohydrates 25g, Fiber 3.3g, Protein 7.8g, Sodium 86mg

Roasted Corn Relish

- 3 ears Florida sweet corn, shucked and silk removed
- 1/2 cup Florida grape tomatoes
- 1/2 cup chopped cilantro
- 1/4 cup chopped red onion
- 1 teaspoon ground cumin
- grated peel and juice from one Florida lime
- salt and pepper to taste



Roast corn at 350 degrees until kernels begin to brown. Cut corn off the cob and place in mixing bowl. Add remaining ingredients and mix well. Serve as a garnish or side dish. **Makes 4 servings**

Nutritional Value per Serving

Calories 61, Total Fat 0.8g, Total Carbohydrates 13.9g, Fiber 2.4g, Protein 2.2g, Sodium 11mg

Florida Vegetable Pizza

- 1 9-inch whole-wheat pita flat bread
- ¼ cup premade low-fat spaghetti or pizza sauce
- ¼ cup low-fat shredded mozzarella cheese
- ½ cup total sliced Florida vegetables (bell peppers, mushrooms, tomatoes, onions, or another favorite)
- 1 teaspoon Italian seasoning



Spread sauce evenly over pita. Evenly sprinkle cheese over the sauced pita. Arrange the vegetables in a fun pattern on top of the cheese. Sprinkle with Italian seasoning. Bake pizza on a cookie sheet in a preheated 350 degree oven for 3 to 5 minutes or until cheese begins to brown. Let cool slightly and enjoy. **Makes 2 servings**

Nutritional Value per Serving

Calories 160, Total Fat 4.6g, Total Carbohydrates 23.3g, Fiber 3.4g, Protein 7.5g, Sodium 361mg

Steamed Cabbage Wraps

- 4 leaves cabbage
- ½ pound low-sodium deli-sliced turkey or chicken breast
- ½ onion, thinly sliced
- ½ Florida tomato, thinly sliced



Remove the thick section of the vein from each cabbage leaf with a triangular cut leaving the leaf in one piece. Place leaves in a microwaveable dish with a small amount of water and cover with a damp cloth. Cook on high for 2 minutes or until leaves are limp. Pat leaves dry with a paper towel. Lay leaves out flat and put equal amounts of the meat, onion and tomato on each. Roll leaves up and serve with favorite dressing. **Makes 3 servings**

Nutritional Value per Serving

Calories 100, Total Fat 2.3g, Total Carbohydrates 7.6g, Fiber 0.9g, Protein 14.8g, Sodium 650mg

Florida Fruit Facts

Florida FRUIT



Avocado, Florida

Deep green skin with yellow-green or yellow flesh. Creamy, buttery flavor.

In season: June through March

Good source of Folate, Magnesium, Potassium, Vitamin E

Contains fiber: 13g per serving

Calories per serving (1 cup mashed): 276

Guess what fruit has the most fiber? If you guessed avocados, you guessed right.



Blueberries

Little clusters of small, juicy, firm berries with deep purple to blue black skin.

In season: April through June

Good source of Manganese, Vitamin C, Vitamin K

Contains fiber: 4g per serving

Calories per serving (1 cup): 84

Blueberries contain anthocyanins, which act as an antioxidant. They may help improve your eyesight and your memory. Maybe you'll do better in school!

They also may help prevent cancer, age-related diseases and urinary tract infections.

They are not only delicious but they are fun to eat as well. They also provide many health benefits that are Xtremely beneficial. Just take a look.



Cantaloupe

Melon with khaki-colored skin and orange colored flesh.

In season: March through July

Good source of Potassium, Vitamin A, Vitamin C

Contains fiber: 1g per serving

Calories per serving (1 cup diced): 53

How can you tell if a cantaloupe is ripe? You can hear the seeds rattle inside a juicy melon when shaken. It will have a good cantaloupe smell on the stem end.



Carambola

Golden colored, deeply lobed fruit, slices into star shape.

In season: August through March

Good source of Copper, Vitamin C

Contains fiber: 4g per serving

Calories per serving (1 cup, cubed): 41

Carambola is the only fruit shaped like a star when sliced!

It contains potassium, is low-fat, and naturally sodium- and cholesterol-free.



Grapefruit

A citrus fruit that combines tanginess and sweetness in white, yellow, pink and red varieties.

In season: November through June

Good source of Vitamin A (colored varieties only), Vitamin C

Contains fiber: 3g per serving

Calories per serving (1 cup sections): 69

If you're on a diet, eat Florida grapefruit. They help you feel full because of their high water and fiber content.



Mangoes

A medium to large oval, with a rounded apex. The skin is a thick, orange or rosy yellow with a speckled or blushed pattern. The flesh is yellow, mild and sweet, with a strong, pleasant aroma.

In season: May through September

Good source of Vitamin A, Vitamin B6, Vitamin C

Contains fiber: 3g per serving

Calories per serving (1 cup sliced): 107

A mango can be a mess to eat, but who cares? Mangoes are great simply peeled and eaten as is or with a squeeze of lime juice.

Mangoes are a great source of beta-carotene. Beta-carotene is necessary for growth, strong bones and teeth, healthy skin, and the prevention of many kinds of infection.



Oranges

Medium to large sized, thick-skinned yellow or orange fruit with an oval or round shape. Sweet and very juicy.

In season: October through June

Good source of Fiber, Thiamin, Vitamin C

Contains fiber: 4g per serving

Calories per serving (1 cup sections): 85

Feeling kind of puny? Florida citrus helps you stay healthy by enhancing the immune system.

Antioxidants in oranges protect cells and tissues by helping to neutralize free radicals.



Strawberries

Medium sized red berries with a green stem at the top and tiny seeds sprinkled throughout.

In season: January through April

Good source of Vitamin C

Contains fiber: 3g per serving

Calories per serving (1 cup halves): 49

There are 200 tiny seeds in every strawberry! But don't worry; they won't grow inside you.

Strawberries contain folate and are cleansing agents for the bladder and the colon.



Tangerines

Bright orange in color, round and small with easy-to-peel skin.

In season: September through May

Good source of Vitamin A, Vitamin C

Contains fiber: 4g per serving

Calories per serving (1 cup sections): 103

Tangerines were named for the city of Tangiers in Morocco.

Florida tangerines have very low fat, are sodium-free and cholesterol-free.



Watermelon

Red flesh with sweet taste and seeds.

In season: April through July

Good source of Lycopene,

Vitamin A, Vitamin C,

Contains fiber: 1g per serving

Calories per serving (1 cup): 46

Why call it watermelon? Because it is 88% water. Try freezing watermelon juice in ice cube trays to add to lemonade and fruit punch.

The lycopene found in watermelon may prevent some types of cancer.

Florida Vegetable Facts



Bell Peppers (Green)

Green in color, bell-shaped with 3 to 4 lobes.

In season: October through June

Good source of Vitamin A,

Vitamin B6, Vitamin C, Vitamin K

Grams of fiber per serving: 3g

Calories per serving (1 cup): 30

Florida

VEGETABLE

They are not only delicious but they are fun to eat as well. They also provide many health benefits that are Xtremely beneficial. Just take a look.



Celery

Stalks of 10 to 12 inches in length, firm and very crisp with a green glossy surface.

In season: October through June

Good source of Folate, Potassium, Vitamin K

Grams of fiber per serving: 2g

Calories per serving (1 cup chopped): 16

It doesn't replace brushing your teeth, but celery massages teeth and gums while chewing.

Because of its crunchy texture, celery is naturally abrasive.



Bell Peppers (Red)

Red in color, bell-shaped with 3 to 4 lobes.

In season: November through June

Good source of Beta-Carotene, Vitamin A, Vitamin B6, Vitamin C, Vitamin K

Grams of fiber per serving: 3g

Calories per serving (1 cup): 46

What's the difference between a red and green bell pepper?

A red bell pepper is simply a mature green bell pepper with more vitamin C and beta-carotene. As a bell pepper ages, its flavor becomes sweeter and milder.



Cabbage

Cruciferous vegetable with thick, water-storing stalks and leaves.

In season: November through June

Good source of Vitamin A, Vitamin C, Vitamin K

Grams of fiber per serving: 2g

Calories per serving (1 cup): 28

Why is Cole Slaw good for you?

The Vitamin K in red cabbage contributes to blood clotting and bone health.



Cucumber

Dark green rind with white flesh.

In season: September through June

Good source of Vitamin K

Grams of fiber per serving: 1g

Calories per serving (1 cup): 16

Are your eyes puffy? Try cucumber slices on your eye lids.

The inner temperature of a cucumber can be 20 degrees cooler than the outside air due to high water and moisture content.

Green Beans



Also called snap beans because of their tender crisp green or yellow pods that snap when bent.

In season: October through June
Good source of Folate, Vitamin A, Vitamin C, Vitamin K
Grams of fiber per serving: 4g
Calories per serving (1 cup): 34

Stir-frying maintains more nutrients than other cooking methods.

Cook beans as little as possible, using the least amount of water possible to maintain nutrients.



Mushrooms

Stemmed with cap top in brown or white color.

In season: Year-round
Good source of Niacin, Pantothenic Acid, Phosphorus, Riboflavin, Selenium
Grams of fiber per serving: 1g
Calories per serving (1 cup sliced): 19

Mushroom pizza is good for you!

Mushrooms have antibacterial substances to help the body. The selenium in mushrooms is good for your immune system.



Potatoes

Oblong shape, brown skin and white flesh.

In season: January through July
Good source of Folate, Niacin, Potassium, Vitamin B6
Grams of fiber per serving: 3g
Calories per serving (1 potato, small): 130

Why do we call potatoes "spuds?"
 Because of the instrument used to dig potatoes from the ground... the SPADE!

Store potatoes in a cool, dry place. Sunlight can cause the skin to turn green. Most of the nutrients are contained right below the skin, so avoid peeling when possible.



Sweet Corn

Sweet corn kernels are a grain, surrounded by a green corn plant.

In season: September through June
Good source of Folate, Magnesium, Phosphorus, Thiamin, Vitamin C
Grams of fiber per serving (1 cup): 5g
Calories per serving: 177

Cook it quickly for the best flavor.

Otherwise, refrigeration helps retain its sugar and vitamin C content. But keep it in its husk to maintain moisture content before cooking.



Tomatoes

A round or oblong red fruit available in several varieties.

In season: October through June
Good source of Potassium, Vitamin A, Vitamin C
Grams of fiber per serving: 2g
Calories per serving (1 cup chopped or sliced): 38

The average American consumes about 19 pounds of tomatoes every year.

Tomato paste and sauces contain greater amounts of lycopene than fresh tomatoes, because they are more concentrated.

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Notes

[illegible]



Florida Department of Agriculture
and Consumer Services

www.freshfromflorida.com